

ANNUAL NARRATIVE REPORT
APACHE COUNTY
ARIZONA

December 1, 1955

to

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Work of

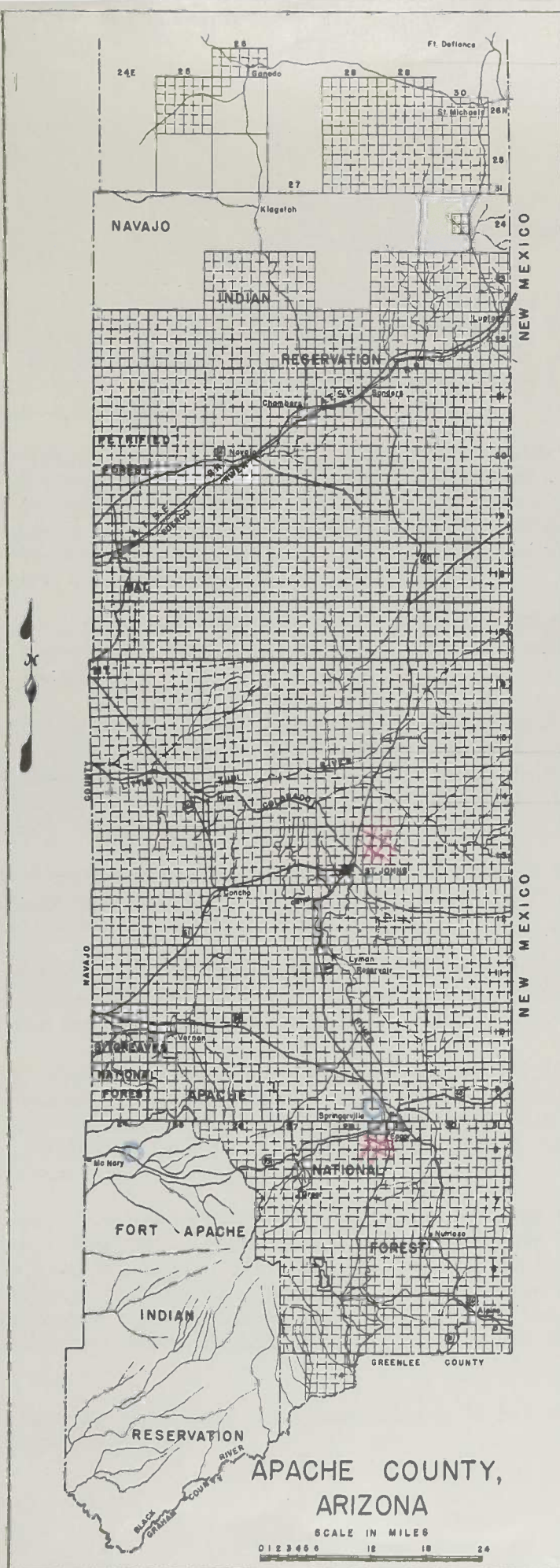
Madeline B. McConnico, Home Agent-at-Large

and

Bettie Mead, Home Agent

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Relief Societies
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COUNTY SITUATION

Apache County is located in the northeastern corner of Arizona. It is about 225 miles long from north to south and 50 miles wide. The elevation ranges from 5,000 to 11,000 feet.

The Navajo Indian Reservation covers the northern half of the county while the Ft. Apache Reservation covers the southern quarter. The remaining country is chiefly rangeland with small areas around St. Johns, Springerville, Eagar and Concho irrigated farming. There is some dryland farming near Alpine, Nutrioso and Vernon.

St. Johns, the County Seat, and Springerville are shopping centers for the small scattered communities. The people who live around Chambers and Sanders do their shopping at Gallup and Holbrook. McNary one of the larger towns is the center of the County's lumber industry. McNary people shop in Navajo County at Showlow and Holbrook. Three towns, St. Johns, Eagar and Springerville are incorporated.

Cattle and sheep are the chief agricultural products. Where water is available and the climate suitable, families raise and preserve their own fruits and vegetables.

Income in the White Mountain area, which includes Springerville, Eagar, Greer, Nutrioso and Alpine, is partially derived from tourists who patronize the area in the summer and fall to fish and hunt. Sanders, Chambers and Lupton in the central section of the County along Highway 66 depend on tourist trade, roadwork, mining and railroading for their income.

There are elementary schools in all communities and high schools at Eagar, St. Johns, McNary and Sanders. The elementary schools at St. Johns, Sanders and Eagar have school lunch programs.

There is a small Public Library at Eagar. St. Johns P.T.A. became interested in a library project which they now have in operation. One is also planned for Springerville.

There are small hospitals at St. Johns and Round Valley (Springerville-Eagar). The Southwest Lumber Company maintains a hospital for employees at McNary. On the Navajo Reservation there are hospitals at Ganado and Ft. Defiance. There is no Public Health nurse. Mr. Norman Farr is the County Sanitarian.

The L.D.S. Church plays an important part in the success (or lack of it) of the Extension Program in this county. There are five Wards in the St. Johns Stake - 2 at St. Johns, 2 at Eagar and one at Alpine. There is a branch at Chambers. McNary is a branch of the Snowflake Stake. The fact that each Ward takes approximately 100 people to fill the offices has an important bearing on the availability of leadership for the Extension Program.

There was no Home Agent working in Apache County in December 1955, January, May, June or July of 1956.

Mrs. Madeline B. McConnico, Home Agent-at-Large did work in Apache County February 5-8; 13-14, March 19, 20, 22; and April 24, 26, 28, 1956. This was a total of 12 days that Mrs. McConnico worked in Apache County.

Miss Mead, Home Agent worked in Apache County as follows:

August 1-14, 1956,	12 working days
September 4-8; 17-28,	15 $\frac{1}{2}$ working days
October 9; 15-25,	11 working days
November 19-30,	10 working days
	<hr/> 38 $\frac{1}{2}$ total working days

Miss Jean Stewart, State Home Agent, spent October 9, 1956 in Apache County.
Miss Grace Ryan, Home Management Specialist spent 4 days in Apache County just prior and during the County Fair.

OUTLOOK FOR 1957

St. Johns has just made big improvements by paving the streets in the residential area as well as the highway that runs through the business district. This highway has been widened too. New curbing was added to the business district. A branch of the Bank of Douglas is to open in St. Johns within the next two months. At present St. Johns does not have any bank. There is a little talk of building an annex on the Courthouse. The Springerville bank has recently moved into a new building. Yet while this progress goes on, it should be realized that this is a drouth area. In addition, people are getting both food and water stored in case of war. This is being re-emphasized now by the Mormon Church due to the world situation.

The Home Agent is spending half time in Apache County while in years past more time was devoted to Navajo County. On Program Planning day, the women asked that a Round Valley Homemaker Club be started besides offering various demonstrations to the Relief Societies. Round Valley Homemakers takes in both Springerville and Eagar. They had their first meeting in November with the demonstration, Getting Your Money's Worth in Soaps and Synthetic Detergents with 6 Homemakers in attendance. The only other Homemaker Club is at McNary.

Most all of Apache County is made up of Mormon people. The Home Agent has been invited to give demonstrations at every Mormon Church in the County. These people are a friendly people but they are also quite busy. Most of them have some particular job that they do for the Church. So the Extension program must not take too much of their time. Still, for a worth while demonstration, they do seem eager to come. So 1957 should be a real good year.

The County Agent has been here 3 years and is thoroughly familiar with this area. The Extension Secretary has been here eleven years and is familiar with bulletins, files, and office procedure. Working with these two people, make the work progress faster than would be possible otherwise.

EXTENSION ORGANIZATION AND PLANNING

Homemaker Clubs

McNary Homemakers and the new Round Valley Homemakers are the two Clubs in Apache County. It is possible that other Homemaker Clubs will be formed. Since the L.D.S. Relief Societies have one Homemaking program per month, there could be some overlapping if the same people belonged to both. Still, the main difficulty would be for the Homemaker with a family to have time to belong to both.

L.D.S. Relief Societies

The L.D.S. Relief Societies enroll most of the women in the communities in the county with the exception of McNary and the Indian Reservation. The Societies meet once a week from September to May and each work assignments set up by the church authorities. One meeting each month is devoted to a homemaking program. All church groups study the same topics at the same time.

There are five Wards and one Branch in the St. Johns Stake. McNary is a branch of the Snowflake Stake. Eagar and St. Johns have two Wards. There is a total enrollment of 354 women in the five Relief Societies of the St. Johns Stake.

The Relief Society Leaders are always sent notices of our leader training meetings. Special invitations were issued to the Relief Societies to participate in Program Planning Day. This year some representatives came and invited the Home Agent to give a demonstration to two Relief Societies in November.

This year the State Leader sent the Agent a list of the L.D.S. lessons to be given in the 1956-57 year. The Agent will send circular letters to all L.D.S. work leaders offering assistance with these lessons and outline the bulletins available in the county office which would help them present their lessons.

Program Planning

Program Planning for Apache County was scheduled at the L.D.S. Church in Eagar on Tuesday, October 9, 1956.

The following people attended from Apache County:

Mrs. Ernest E. Jones, Springerville
Mrs. A. W. Voigt, Springerville
Mrs. Lynn Eagar, Eagar
Mrs. Marion Hamblin, Eagar

The two presidents of L.D.S. Wards in St. Johns, were out-of-town and didn't find someone to replace them. Mrs. J. V. Sample, McNary tried to get someone from the Homemaker club to drive and take her but she was unable to find someone to do this.

The group decided they wanted a Homemaker Club besides asking some help with L.D. S. meetings. The name for the Homemakers' Club will be "Round Valley Homemakers." The name was agreed on in an effort to bring both Eagar and Springerville together at the meeting.

The L.D.S. group would like any materials on Bread (Jan.), Cheese Dishes (Feb.), Desserts (Mar.), and Beverages (April) that the Extension Service can supply. The group asked that Pressure Cooker Clinics and Sewing Machine Clinics be continued the summer of 1957. Some of their problems include:

1. Getting young mothers to meetings where they could receive training.
2. Seeing that children do not eat as much candy and pop as they are now eating.
3. Getting cheaper cans for the Cannery as they now pay 10¢ apiece.
4. Getting service repairs on any equipment is difficult.

They are interested in advanced tailoring, better dresses, making most of your sewing machine, pressing, belts, slip covers, new fabrics and health. The Round Valley Homemakers will ask one of the women who attended "Broiling Meat" to give them a demonstration.

OFFICER TRAINING MEETING

The only adult training meeting held was on "Broiling Meats." This was held in three locations - Eagar, St. Johns, and McNary. The McNary meeting took in Whiteriver too. Twenty-one leaders attended this meeting. In a questionnaire sent these leaders, 3 reported having presented it to some group. This took in 4 Relief Societies and the McNary Homemakers. Six leaders helped with preparation and plans for these meetings. More details of these meetings is given under Food Preparation. These meetings were given by Mrs. Madeline B. McConnico.

At the slip-cover meeting held a month after "Broiling Meats," 13 women reported they had done some broiling since their last meeting. Four women reported they had not done any broiling. The four remaining leaders from the twenty-one that attended the "Broiling Meats," did not attend the Slip-Cover meeting.

CLOTHING

"New Fabrics and Finishes" was a demonstration given to 82 persons during February by Mrs. Madeline B. McConnico. Three demonstrations were given as follows:

Eagar - Homemakers of L.D.S. Wards	7
High School Home Economics Teacher	1
Members of two Home Economics classes	<u>21</u>
	29 Total
St. Johns - Homemakers of L.D.S. Wards	10
Concho homemakers of L.D.S. Wards	2
Members of High School Home Economics classes	12
High School Home Economics teacher	<u>1</u>
	25 Total
McNary - Homemakers Club Members	15
Future Homemakers Club Member	1
Indian girls from Reservation School	7
Home Economics Teacher from Reservation	1
Whiteriver - Homemakers	<u>4</u>
	28 Total

The purpose of the demonstration was to acquaint homemakers with the type of fabrics they can expect to find or have found on the market.

The aims were to emphasize the importance of knowing something about the fabrics. Also to help the homemakers become aware of the ways in which they can learn about new fabrics. We discussed some of these important means by learning facts about fabrics.

1. Asking for an informative label
2. Checking the ends of bolts
3. If neither is available ask for important information

What information do we want?

1. What fibers make up the fabric.
 - a - what proportion is there of each if it is a blend.
2. Is it color fast?
 - a - what method of dyeing was used.
3. Does the fabric have a special finish?
 - a - Is it crease resistant?
 - b - Water repellent etc.
 - c.- Does it need special attention because of the finish?
4. Will it shrink? What terms or words do we look for as guarantees for minimum shrinking.
 - a - Are there terms or words governing fabrics other than cotton?
 - What are they?

5. Will it stretch?
6. How to care for it? Washable - hand or machine?
Drip dry?
Dry cleaning?
Temperature of iron?
7. If its a ready-made garment do all parts of it or trimmings on it meet the requirements of the rest of the garment.

The different fabrics were discussed in terms of the questions asked above. Samples of the fabrics were examined. Comments were made regarding them according to their particular characteristics.

Homemakers were generous in their comments of their experience both good and bad. Some of the undesirable experiences were:

1. The lady who washed a fancy rodeo shirt not knowing at all what fabric she was working with. All went well until she applied the iron. The first application of the iron to the back part of the shirt left a hole the size of the iron.
2. A new orlon washable coat belonging to a high school girl. She was told by the sales lady that it was washable. The young student washed it on Saturday afternoon to have it ready for Sunday School. When it was time for Sunday School she found that the washable coat which needed no ironing needed some special attention. The lining was two inches longer than the coat itself.
3. Nylon sewing thread was the subject of many unhappy experiences.
4. Fiberglass curtains had developed breaks lengthwise of the fabric. One person reported that her dog playfully touched the curtains with his sharp teeth. A hole developed. She wanted to know how to mend this.
5. In each of four of the groups there were several homemakers who had the sad experience of washing white embossed picolay with the regular white wash. Result: yellowed garment because a bleach was used.
6. A wool suit had shrunk beyond the size that it could be worn. The drycleaners had tried to stretch the garment. The skirt responded in length only. Question: How can wool be stretched? What does a consumer do under the circumstances.
7. Unpleasant factor of static electricity was discussed in all the groups.
8. Boys socks advertized as dacron and cotton actually have cotton toes and heels which require more darning rather than less darning as was expected.
9. One attractive young homemaker and consumer wanted to know how true it was that boiling would bleach nylon?
10. There were reports of breakage in fabrics which were blends. The

homemakers had not followed directions given on the labels.

Their happy experiences were numerous. Mothers liked the orlon and wool blend for school girls' garments.

Washable coats of good quality were very well acceptable.

The chart showing the amount of shrinkage was a very good teaching device.

Few homemakers brought along copies of mail order catalogs. These were examined to find out how effective they are in giving information regarding merchandise represented.

FOOD PREPARATION

"Broiling Meats" was given as a leader training meeting by Mrs. Madeline B. McConnico.

Twenty-one foods leaders representing 3 communities or four wards attended leaders' training demonstrations in Apache County during the week of March 19.

Eagar - Relief Society L.D.S.

Mrs. Cleo Greenwood	Mrs. Mildred Slade
Mrs. Waity B. Hall	Mrs. Burma Hamblin
Mrs. Genevieve U. Hall	

St. Johns - 2 Relief Societies L.D.S.

Mrs. Clara Sherwood	Mrs. Juanita Overson
Mrs. Melba Udall	Mrs. Leona Heap
Mrs. Vermelle Cowley	Mrs. Amy W. Thurber
Mrs. Vera Jarvis	Mrs. Louise H. Platt
Mrs. Eva Cowley	

McNary and Whiteriver met together

McNary - Homemakers Extension Club

Mrs. Eula May Sample	Mrs. Zallie Morrow
Mrs. Imogene Putt	Mrs. Jean Cook
Mrs. Thelma Smith	Mrs. Ozell Joplin
Mrs. Minnie Johnson (new president)	replacing president who moved to Reno, Nevada

No. of leaders - 21

Wards - 4

Leaders helping with preparations and plans - 6

The leaders training meetings were planned to help leaders show the home-makers of their communities or wards how to use their broilers.

The agent discussed the plans with Miss Jean Stewart. Miss Stewart emphasized the fact that there are three types of cooking stoves in this region:

- 1 - electric - old and new
- 2 - gas - " " "
- 3 - wood and coal (which of course has no broiler as such)

Only two leaders out of 21 indicated they had wood and coal stoves.

Miss Stewart and the agent also agreed

1. that tender beef steaks are commonly prepared as broiled foods.
2. that pan broiling is more popular than oven broiling because of habit and ease of cleaning the pan compared to the oven broiler pan.
3. that oven broiling was not popular because a. generally speaking it was that it required high temperatures which charred the fat and bone. b. it smoked the kitchen and sometimes the rest of the house.

4. that other food can be broiled successfully, foods such as chicken, liver, ham and fish.

With these four factors in mind a leaders training demonstration lesson was prepared. The aims of this demonstration were:

1. To review the kinds of beef cuts which can be broiled successfully. Tenderizers may be helpful to broil cuts not intended for broiling but which can be tenderized and made very palatable.
2. To help homemakers become familiar with other foods. Chicken (fryer), baby beef or calves liver 3/4" thick, ham 1" thick and fillets of fish.
3. The neglected part of the stove (broiler oven) can be used simultaneously to prepare a whole meal.

Salisbury steak and a 1" steak from a chuck roast were broiled.

- a. If its a gas stove - frozen or canned vegetables can be placed in the broiler pan under the rack. The vegetables cook while the meat or fowl is broiling. They are well seasoned by the juices.

At the same time desserts or breads may be placed in the oven.

The desserts or breads should be ones that cook at temperature used for broiling, such as, baked apples, apple sauce cake. Garlic bread or brown and serve rolls are suggested.

- b. An electric broiler is more limited because usually the broiler is near the top of oven and the door remains open.

During the actual lesson the local leaders participated in demonstrations where these foods were broiled.

Salisbury steak over whole kernel corn, frozen and canned.

Chicken over frozen peas

Steak from a chuck roast over frozen limas.

Glazed ham over sweet potatoes

Liver broiled with no garnishing vegetables.

To compliment this food slaw was prepared and at two of the demonstrations lemon chiffon pudding was prepared and served. There was a refrigerator at only one of the church kitchens. One demonstration was held in two neighboring homes. At one church there were two ovens with the smallest attendance present. Sizes of the demonstrations ranged from 5 to 15 leaders.

Oven space was scarce. Aluminum foil was used to keep foods warm while we waited for other foods to broil. This helped to make the demonstration possible and with some success.

Leaders were paired off and made responsible for one broiler meal. The agent prepared the chuck steak at the very beginning of the lesson. It was tenderized with a commercial tenderizer.

A soulful pep talk was necessary to get leaders to volunteer to prepare the liver. Some of them found the texture and appearance of liver unbearable. Others just could not bear to work with it because liver is bloody. The agent's pep talk started with the value of liver in the family food pattern. Most anyone can become accustomed to the appearance, texture and even the flavor when there is a will. There were women present who confirmed this because of individual experience via the anemic route to health again. Each had regained her health. Liver had been one factor in that program for her. Each time the women who disliked liver for one reason or another volunteered to prepare it.

What success was there in overcoming the negative attitude toward liver? All that can be said is that those leaders who made the personal sacrifice to prepare and serve it did make the supreme effort to taste it. They were surprised at its flavor and pleasing appearance. It is possible that these homemakers will never eat liver anymore often in the future than they did in the past. The extension service, however, "did lead them to the water" and encouraged them "to drink."

Leaders whose food habits include liver were delighted with the pleasing flavor and attractive appearance of broiled liver. They liked the color of the cut edges; no greyish green appearance. Next month the agent will have an opportunity to ask leaders about the reception liver had among the homemakers.

For emphasis it is well to indicate that the calves or baby beef liver was sliced $3/4$ " thick. The membrane was removed and any large sections of veins or ducts. It was buttered on one side and broiled for 8 minutes at 325° F., then turned over, buttered and broiled again for 8 minutes.

At three of the demonstrations leaders did not regard the $3/4$ " thickness as being important so the butcher cut the slices as for frying or $1/2$ " thick. The leaders stacked two layers of liver and broiled it as if it were one piece. It worked for all practical purposes.

What was "ohed and ahed" over were the glazed ham, broiled fryers and the seasoned vegetables.

Frozen péas, limas, stringbeans and corn were used.

Some of the leaders did not break the frozen mass into smaller pieces to speed up the thawing so we had varied results. For instance - we noted that string beans need longer cooking period or they must be perfectly thawed out otherwise they do not cook during the broiling period for steak. Peas when left in a frozen mass, unbroken were hardly warmed through. On the other hand when they were scattered over the pan and placed under the chicken they were delicious and pleasing in texture, flavor and doneness. Corn gave us no trouble.

To help make broiling an easier preparation device the agent had with her and the leaders used smaller broiler pans. These pans are avail-

able at local variety stores or hardware stores. They are inexpensive. Also she carried with her a small size cookie sheet and a cake cooler. When the cake cooler is placed over the cookie sheet it becomes a very nice broiler pan. Washing them is no trouble at all.

We eliminated the smoke and charring by using temperatures from 325° F. to 375° F. The food in the broiler pan was placed so that the food was 3 to 4 inches from the flame or element.

A few observations made during these training meetings were:

1. Oven broiling is not the popular method of preparing foods.
2. More than 80% of these leaders had never used the broiler at all.
3. They were glad to have the experience in broiling.
4. Pan broiled or fried are common methods of preparing foods.
5. Leaders seemed eager to help 5 other homemakers learn about broiling foods.
6. One homemaker brought her very new electric table model broiler she received as an anniversary gift. She had not used it before. With her partner she broiled chicken in this device. It was very nice.

FOOD PRESERVATION

Testing pressure cookers was given to two groups by the Home Agent in August.

While meeting community leaders, there were two requests for Pressure Cooker Clinics. In both cases, the person checked with friends and everyone wanted the clinics. Both at Eagar and in St. Johns, the women were so anxious to have the clinic right away they said they would announce it and let people know. Seven came to one meeting and eight to the other. Since letters were sent out at a Navajo meeting and 23 women attended to test 29 cookers, it is now believed that letters are really quite necessary.

HOME MANAGEMENT

"Simplified Slip Covers" was a demonstration given to a Relief Society in St. Johns with 13 present. Three communities were represented. The same demonstration was presented to McNary Homemakers with 24 present. Two communities were represented. In Apache County, this was not given as a leader-training meeting.

There was interest shown in this particular demonstration. For one thing, homemakers were interested in learning how to construct slip covers as easily as possible. The other important factor with which they are involved is cleaning or laundering the slip covers. The demonstration was outlined into 4 phases. All information was taken from Simplified Slip Cover - Circular #235.

1. An opportunity to see for themselves that the simplified slip cover works.
2. Explained what makes the simplified slip cover possible.
3. The techniques and factors required to get the proper fit.
4. Redressing the chair with the models worked on during the demonstration.
5. Suitable fabrics and findings.

Reason for doing it in this manner: Demonstrating the making of slip covers involves more than can be done in one demonstration. Therefore, it is necessary to narrow it down to the most important points.

Mrs. McConnico put the constructed pieces of slip cover on the chair, fitting them closely with didy pins. The models of the various flounces were finished in to show the affect.

While each piece was put on the agent explained the features of construction which makes it possible. For instance: The back went on first. There are three things which help make the back fit well.

1. Pinning the front to the back on the grain of the fabric. Make sure the fullness along the top is well arranged and made secure.
2. Marking the curved line and clipping the curved areas where the back joins the arms. Sewing on to this clipped curved line a bias tag. Explain the reason for the bias and the width of the bias.
 - a. Same for curve on arm
3. The use of the dowel or a good substitute, allowing enough material to reach down into the vent and the casing for the dowel itself.
 - a. Same for arm and seat
4. With an unmarked piece of material blocked off for the

purpose, the agent draped it to the chair, marked it and demonstrated how to clip and attach the bias tag and the tabs in the proper places. The agent showed how to put together the seat and the arm pieces by hand stitching.

- a. noted the type of fastening which would be desirable for back
- b. noted the desirable type of flounce.
- c. noting the desirable seams and finishes. This step completed the demonstration except for questions.

Questions were asked in regard to particular chairs such as:

1. Davenport which makes into a bed when the back drops to the level of the front.
2. Wing chairs.
3. Chairs with cushions - How to cover the cushions?
4. Couches with large box like arms.
5. Platform rocker etc.

Fabrics and findings were discussed.

Homemakers in the area are limited somewhat in their shopping. They did like the denim being used in the demonstration.

"Getting Your Money's Worth in Soap and Synthetic Detergents" was the demonstration offered to three groups in Apache County in November. This subject will be offered to other groups in January, 1957.

The Round Valley Homemakers first meeting resulted in six women seeing the demonstration. McNary Homemakers had a real nice meeting with 13 in attendance. Eagar Relief Society had one member to attend but a post office delay in handling mail prevented some of them from getting their letters in time.

The demonstration was as follows:

All of us are well aware of the changes in wash day since our Grandmothers did the family wash. For most of them it was the tub, rub board, lye soap and a wash pot. Still, neither our automatic or conventional washers of today insure us of a clean wash. The answer lies in whether or not one has hard or soft water. If one has hard water, just what is done about it? It is the limestone that combines with soap and dirt to give clothes a grey tinge; the lime ties up soap molecules making more soap necessary. Grey clothes actually contain soap curd plus some dirt. With grey clothes, everyone just about, thinks of bleaches. Quoting from Miss Grace Ryan's bulletin, Help Yourself to Laundry Aids note the following:

"Bleaching is no substitute for good washing."

"Bleaches remove color (either as a stain or a dye) but do not remove

soil. Bleaches can whiten dingy fabrics damaged by poor washing and rinsing.

"The regular use of bleaches is not good. All bleaches (even sunshine) will weaken and rot cotton, linen and some rayons, if left on too long. Bleaches may affect the premanent finish of some cottons. Liquid bleaches will discolor white woollens or pure silks.

"Leave bleaches on only short periods of time. Rinse thoroughly. Frequent, moderate washing is easier on clothes than bleaching."

So if bleaches weaken fabrics making them wear out quicker, bleaches are not the real answer to hard water. Could the answer be bluing? In that same bulletin, Help Yourself to Laundry Aids written by Miss Grace Ryan, it says that the grey of deposited soap curd is only covered by bluing, never removed by it. The real answer is by softening the water.

There is a test to see whether or not this water is hard and if it is hard, just how hard it is. These bottles hold two ounces. They are marked off by $\frac{1}{2}$ ounce marks. So the one ounce mark is right here. Add 1 ounce of water to be tested. Now add one drop of Tincture of Green Soap (U.S.P.). Add the bottle cap and shake. Continue this process until $\frac{1}{2}$ inch of suds will stand for 5 minutes on the top of the water. By counting the drops of soap, you have counted the grains of hardness the water is. There are 12 bottles for testing water and 4 bottles for Tincture of Green Soap. So several of you can make this test. Then the results can be checked-(The women do this)-This is a water hardness map of the United States-This map indicates all of Arizona has hard water.

Softening the water really is the answer. In some localities water softening is sold as a monthly service. Some people buy a water softener system and have it installed. Other people are helped by packaged water softeners. These packaged water softeners are generally of two types....the precipitating ones and the non-precipitating ones. This next test should show the difference of these two types. To each of three pint jars is added $\frac{1}{2}$ cup of warm water. To the first jar, nothing is added. To the second jar $\frac{1}{2}$ teaspoon of Calgon is added. To the third jar, $\frac{1}{2}$ teaspoon White King Water softener is added. Now dip soap such as Ivory up and down in each jar until a suds is formed. The Calgon is the non-precipitating type which does not leave a deposit in the bottom of the jar. The non-precipitating water softener contains phosphates which act to tie up the hardness minerals so the soap or detergent is completely free for cleaning action. The jar with the White King Water Softener does have a deposit in the bottom of the jar which may or may not hurt clothing according to Miss Ryan. The precipitating softener is an alkaline softener. In general, it is believed the non-precipitating packaged water softeners to be the best; however if a person were using White King soap the White King water softener would be logical. On your mimeographed sheets is the table which show how much Calgon water softener is recommended for various grains of hardness in water. If your washer holds ten gallons of water and the water is ten grains of hardness, add $\frac{1}{2}$ cup of water softener to the washing load.

The third test is called the "Blanket Race." On your mimeographed sheets there is the explanation of built and unbuilt soaps and synthetic detergents. Unbuilt means the soap or synthetic detergent is neutral and meant to be used for lightly soiled fine, dainty clothing. The built soap or synthetic detergent is alkaline which helps it remove acids from clothing. These are meant for all purpose laundry and for heavily soiled garments. In order to sell their product, manufacturers add various chemicals that do various things. To illustrate this point, here is the "Blanket Race." These four pyrex bowls are filled $\frac{1}{2}$ full of warm water. Nothing is added to the first dish. Add $\frac{1}{4}$ t. of Ivory Snow to 1 dish; $\frac{1}{4}$ t. of All to one dish; and $\frac{1}{4}$ t. of Tide to 1 dish. Stir each dish to mix well. Now add a small piece of blanket to each dish. The blanket pieces are all the same sizes. Notice the blanket pieces do not get wet and sink at the same time. All has that "something" added to cause clothes to get wet more quickly so that the washing process can begin more quickly.

The fourth test is called stripping out old soap, this is to me, one of the most important tests. Add two cups of warm water to each of two clear glass mixing bowls. Add nothing to one bowl. Add one teaspoon Calgon to the second bowl. Now add a clean, freshly laundered wash cloth to each bowl. These wash cloths were washed and rinsed in a regular family wash, but water softener was not used. Notice soap is coming out of the wash cloth that is in the softened water and it is not coming out of the other cloth. The water is dirtier too in the softened water. So if clothes get that tattle-tell grey, just wash them without any soap but add water softener. This removes the grey soap curd. By adding $\frac{1}{2}$ as much softener to the first rinse water as to the regular washing period, soap is removed from the garment instead of being locked in the garment.

The last test is "Does The Detergent Bite?" Three pyrex bowls are filled $\frac{1}{2}$ full with distilled water. Add $\frac{1}{2}$ t. Ivory Snow to 1 bowl; add $\frac{1}{2}$ t. All to 1 bowl; add $\frac{1}{2}$ t. Rinso (soap) to 1 bowl. Stir each to mix well. This is litmus paper. If it turns red, it is an indication the solution is acid. If it turns blue it is basic or in this case alkaline. Since Ivory Snow is an unbuilt soap, it should be neutral. The All and Rinso should turn blue. Avoid using an alkali on silks or wool since it is not good for them. This means use an unbuilt soap or synthetic detergent on them.

In summary, do use a water softener to save money. Your clothes don't develop holes like these caused by bleach. Less soap is needed, no bleach is needed, and no bluing is needed. Clothes will be softer too while they wear longer.

Miss Grace Ryan, Home Management Specialist helped the Home Agent by showing her various tests and providing her with the necessary information.

COMMUNITY LIFE

The Apache County Fair is the biggest community event other than the L.D.S. Church Activities which also involves the entire community.

The week of the fair, a fair secretary resigned and a new one was appointed. In spite of this the fair ran smoothly.

Mrs. Bernice Naegle was in charge of the women's division and Mrs. Nedd Webb in charge of 4-H. Due to the illness of Mrs. Webb's mother, she was unable to be at the fair very much of the time. Mrs. Ruth Davis and Mrs. Lucille Greer helped out with 4-H as well as Mrs. Virginia Jarvis and her daughter, Sharon who is a Junior Leader.

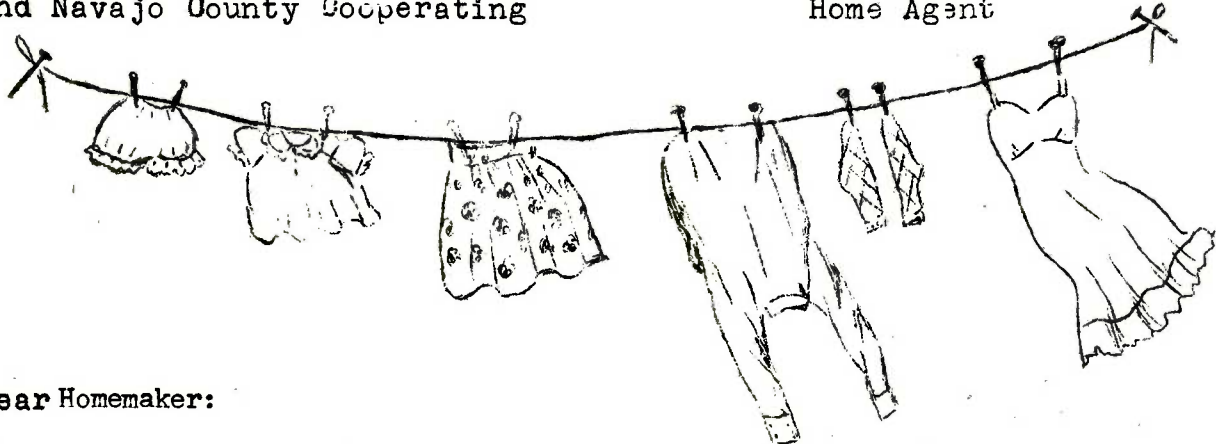
Many pretty things were entered in the fair. Miss Mildred Eaton, Clothing Judge, felt two western shirts showed most outstanding workmanship. Mrs. Vermelle Cowley entered a child's quilt, and an adult one, each of which received blue ribbons. Another quilt of hers was for display only. It was a real pretty quilt. Miss Grace Ryan, Foods Judge, had a tremendous number of food exhibits. Many people watched her judge and listened to her comments. The judging results were well received. Recommendations for another year include:

1. Having a fair committee meeting to decide what fair book changes to make, if any.
2. Get the fairbook out at least 6 months before fair time.
3. Have people list exactly where they live. (There were questions on whether some exhibitors were from Navajo County).
4. Change 4-H judging to the Danish system.
5. Make it clear to 4-H'ers that they can only enter things that correspond to their 4-H Project year.

COOPERATIVE EXTENSION SERVICE
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
St. Johns

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Service
County Agent Work
Home Agent



Dear Homemaker:

"Getting your money's worth in Soap and Detergents", is the topic of my demonstration that is being given groups during the months of November and January.

You have been scheduled for this meeting as follows:



What: "Getting your money's worth in soaps and detergents."

What to Bring: A sample of your water to test for hardness, if it's different.

When: 10:00 A.M., Monday, Nov. 26, 1956.

Where: L.D.S. Church kitchen, Eagar.

Why: To save money with the result a clean wash without injury to fabrics.
Relief

Who may attend: Society members and guests

So I'll be seeing you real soon!

Yours very truly,

Bettie Mead
Bettie Mead
Home Agent

208 cc.
BM/gg

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
St. Johns

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

November 29, 1956

Dear Homemakers:

S.O.S., I do need some help! I am now summarizing what Extension work has been done in Homemaking in Apache County this past year. This is necessary for an Annual Report that goes first to the State Office and then on to Washington, D. C.

You can send back the answers in the franked envelope without a stamp. It is not necessary for you to sign your name although you may. Thanks so much!

BROILING MEATS
given by
Madeline McConnico

Check the right answer

1. I have done broiling (either meat or meat & vegetables) since I saw the demonstration on "Broiling Meats" for my family () once, () several times, () a great many times.
2. I gave this demonstration, "Broiling Meats" to () a group, () more than one group with an attendance of _____.

Could you please send this right back?

Yours very truly,

Bettie Mead
Bettie Mead
Home Agent

ENC.
cc: 36
EM/nd

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
St. Johns

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

November 29, 1956

Dear Homemakers:

I do need some facts and figures to include in an Annual Report that goes to the State Office and to Washington, D. C. It is not necessary that you sign your name but you may.

SLIP-COVER MEETING

Check the right answer

1. Have you made any slip-covers since you saw Madeline McConnico's demonstration? () Yes; () No
2. Have you helped anyone else make slip-covers since you saw this demonstration? () Yes; () No
3. Did you happen to give a demonstration on slip-covers? (☒) Yes; () No
4. Did the demonstration help you with any of the above? () Yes; () No

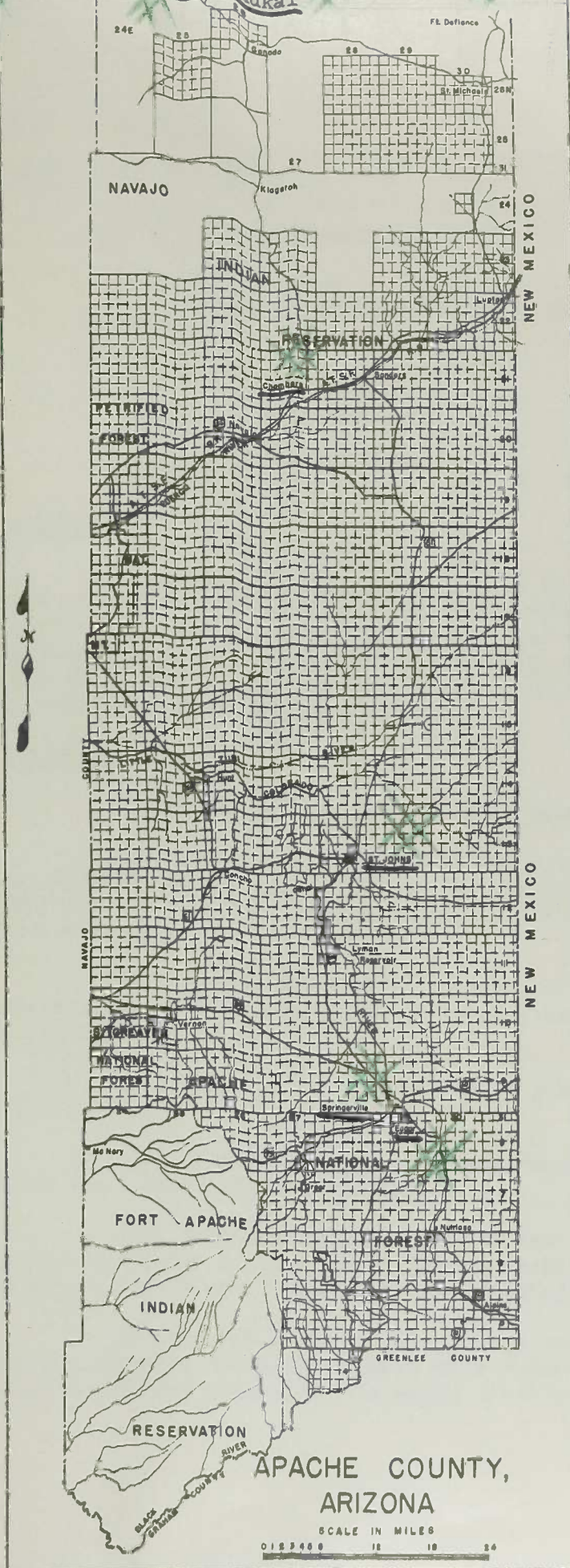
In sending this form back in the enclosed envelope, you do not need a stamp.

Yours very truly,

Bettie Mead
Bettie Mead
Home Agent

ENCL.
52 cc.
BM/nd

Many Farms Nazlini Cottonwood Lukachukai Pinon Rough Rock Chinle



4-H Clubs

SUMMARY OF 4-H CLUB

Statistical Summary

- 11 - 4-H Clubs (community)
- 29 - 4-H Leaders
 - 2 - Junior Leaders
 - 2 - Home Economics Leader Training Meetings
- 241 - Club Members
- 303 - Projects
 - 4 - Achievement Days
 - 1 - 4-H Division of County Fair
 - 5 - Campers
- 18 - Roundup Participants
- 26 - News Stories

County Fair

25 4-H'ers brought 91 exhibits to the Fair. Since it was understood that last year only three ribbons were given in each class, that method of judging was used this year. A committee will decide whether or not to change to the Danish system of judging another year for Home Economics. It is believed this would result in more fair entries.

Round-up

12 4-H'ers attended 4-H Round-up this year.

Cynthia Coleman, Evelyn McDonald and Jimana Fanning were junior clothing judges. Jimana Fanning also gave a junior clothing demonstration. Evelyn McDonald was also a home furnishings judge.

Teddy Hearne and Marilyn Walker gave a junior clothing demonstration with Frankie Gillette giving a senior clothing demonstration.

Judy McDonald was a junior foods judge and Glenna Austin a senior foods judge.

Jessica Webb was a junior foods demonstrator and Veneta Jarvis was a senior foods demonstrator.

Judy McDonald, Jessica Webb and Jeanine Jarvis were a team in the junior foods division judging contest. Glenna Austin and Veneta Jarvis were the senior foods judging team.

Eileen Tipton and Cynthia Coleman were the junior clothing division judging team with Betty McDonald and Frankie Gillette the team judging in the senior clothing division.

4-H Camp

5 4-H'ers attended State 4-H Camp held at Prescott this year. This included 4 girls and 1 boy. 4-H'ers had a chance to swim, do a craft such as leather-work, wood-work, enamel-on-copper, or reed-craft. Square dancing and volley ball were popular outdoor sports.

1956 4-H CLUB ENROLLMENTS AND COMPLETIONS BY COMMUNITIES

Community	Enrollments*		Completions	
	Girls	Boys	Girls	Boys
Chambers	5	4	3	4
Chinle	20	-	20	-
Cottonwood	11	-	7	-
Eagar	21	22	10	6
Lukachukai	9	-	9	-
Many Farms	14	8	14	8
Nazlini	44	-	30	-
Pinon	20	-	20	-
Rough Rock	6	2	6	2
St. Johns	29	13	23	12
Springerville	18	13	16	6
TOTALS	197	61	158	38

* Minus boys and girls moved from communities.

1956 4-H CLUB ENROLLMENTS AND COMPLETIONS BY PROJECTS

Project	Enrollments		Completions	
	Girls.	Boys	Girls	Boys
Clothing	154	10	120	10
Food Prep.	57	2	32	1
Junior Leaders	2	-	1	-
Home Furn.	16	-	3	-
Beef	7	28	6	16
Insects	-	2	-	-
Garden	-	10	-	4
Home Beau.	-	2	-	1
Poultry	-	5	-	3
Rabbits	-	1	-	1
Stock Horse	-	5	-	-
Swine	-	2	-	1
TOTALS	236	67	162	37